



Division of
**Nutrition &
Physical Activity**

Indiana Healthy Schools Newsletter

May 2023 Edition

Mental Health and Bike Month

May is Mental Health Month!

This year, [Mental Health America's](#) theme is *Look Around, Look Within*. As humans, our overall health is significantly impacted by our natural and built environment. The places we live, work, play, and congregate all have a powerful influence on our well-being, and it's important to consider their effects on our mental health.

MHA invites you to Look Around, Look Within with the free [2023 May is Mental Health Month toolkit](#). The toolkit includes information about how an individual's environment impacts their mental health, suggestions for making changes to improve and maintain mental well-being, and how to seek help for mental health challenges.



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May is National Bike Month!

May is National Bike Month, promoted by the [League of American Bicyclists](#) and celebrated in communities from coast to coast! Established in 1956, National Bike Month is a chance to showcase the many benefits of bicycling — and encourage more children, communities, and families giving biking a try!

There are so many ways to celebrate Bike Month: riding to and from local parks, in your neighborhood, libraries, and schools are just a few!

- **Bike to Work & School Week - May 15-21**
- **Bike to Work Day is - Friday, May 19**



Grant Opportunities

Youth Adolescent Physical Activity (YAPA) Grant

The Indiana Department of Health, Division of Nutrition and Physical Activity (IDOH, DNPA) has released the Youth Adolescent Physical Activity (YAPA) grant application. This one-year grant is focused on providing physical activity and physical education opportunities for youth and adolescents, 6-17 years of age (K-12) in the classroom, school, and before or after school program settings. *Special consideration will be given to those focusing on health equity and incorporating trauma-informed approaches in their programming.

The deadline to apply is May 19 at 5 p.m. EDT. Please see the [application](#) for additional details.

Healthy Meals Incentives Grants for Small and/or Rural School Food Authorities

As part of a cooperative agreement to develop and implement the USDA Food and Nutrition Service's [Healthy Meals Incentives Initiative](#), Action for Healthy Kids is offering competitive grants (up to \$150,000 per school food authority (SFA)) for small and/or rural school food authorities to support efforts to improve the nutritional quality of their school meals.

The deadline for submitting a grant application is May 26 at 5 p.m. EDT. [Click here](#) for the application and additional funding details.

School-Age Childcare Grant

The application for School-Age Child Care Grant is now open! Supported by the Indiana Office of Early Childhood and Out-of-School Learning (OECOSL), the School-Age Child Care Project provides grants to public school corporations and non-profit organizations serving school-age children. The grant aims to increase the availability and affordability of high-quality child care for Indiana families.

Public school corporations and non-profit organizations are eligible to apply if they offer care to children before or after school or when school is not in session, and if they care for children 5-14 years of age.

To apply, [log in to I-LEAD](#) and click "Launch the Grant Portal" to start the School-Age Child Care Grant application for your program. Keep in mind you must be designated as a program administrator in I-LEAD to complete an application. **Grant applications are due by May 19.**

Upcoming Trainings and Events

- [Playworks Early Childhood Power of Play and Play Based Group Management](#) May 16 - 18, 5:30 - 8 p.m. EDT (virtual)
- [Webinar - Trauma Sensitive Coaching & Mentoring](#) - May 17, Noon—1 p.m. EDT
- [Share, Listen, & Learn Meeting: Indiana Dept. of Health Mental Health Updates](#) May 18, 9:30—11 a.m. EDT
- [Run in the Summer 5K Run/Walk](#) June 3, 9 a.m. - Noon EDT, Park City
- [June Summer Camp Opportunity for Educators and High School Students with Autism](#) - June 5-9, Indianapolis
- [2023 Indiana School Health Network Conference](#) -June 14-15, Plainfield
- [Find Your Fit: Grow Your Role and Cultivate Partnerships in the Food System](#) - June 21, 10 a.m. - 1 p.m. EDT (virtual summit)
- **Save the Date:** Indiana Breastfeeding Conference — Aug. 1 at the Embassy Suites Noblesville



Wellness Policies

Deadline Approaching!

All schools that participate in the National School Lunch Program are required to have a district-level school wellness policy to guide school wellness activities and promote student health, wellbeing, and learning ability. Districts are required by the Indiana Department of Education to review the policy at least once every three years. Any district that took advantage of the waiver for this requirement must assess their wellness policy **by June 30**. IDOH, DNPA is offering wellness policy reviews at no cost using the [WellSAT 3.0](#) scoring tool to assess your policy's content and strength while also highlighting areas for improvement. Please contact Jenna Sperry at jsperry@health.in.gov or Emma Smythe at esmythe@health.in.gov for more details.

WellSAT: 3.0

Wellness School Assessment Tool

Project AWARE Goes to the Park

During the month of May, Hoosier students and families can prioritize their mental wellness by participating in Project AWARE Goes to the Park at any local Indiana State Park! Visit your nearest State Park's Visitor Center to pick up a [self-led activity guide](#) and complete a short, fun activity. Once completed, participants can [enter for a chance to win park swag!](#)

Want to know more about Project AWARE? Check out Project AWARE - Indiana Mental Health Education and Awareness at ProjectAWAREIN.org.



Summer Meal Resources

Summer can be a difficult time for families facing food insecurity to ensure that children receive a full and well-balanced diet in the absence of reliable school meals. Here are some resources for families to help fill that nutritional gap in the summer:

- [Summer Food Service Program](#) Meal Sites provide free meals to all children aged 18 and younger (2023 sites forthcoming)
- [No Kid Hungry's Free Meals Finder](#) (or text FOOD to 304-304)
- [Feeding Indiana's Hungry Find Your Food Bank map](#)
- Dial 211 or visit [the Indiana 211 website](#) to get connected to various local resources from food pantries to housing assistance
- Call USDA's National Hunger Hotline (1-866-3-HUNGRY or 1-877-8-HAMBRE) to find meal resources near you
- Download the [Community Compass](#) app to find free groceries, free meals, SNAP stores, WIC stores, and WIC clinics near you



Summer Swim Safety

Help your family and community water safe this summer

As the summer season approaches and more opportunities to enjoy the water become available, now is the time to learn about water safety. On average, 10 people die from drowning in the US every day. Children are especially vulnerable. Drownings are the second leading cause of death among American children ages 1-14, second only to motor vehicle collisions. We often underestimate how dangerous and unpredictable the water can be, so it's especially important to learn the basics of self-rescue and how to help others avoid drowning.

Tips for staying water safe:

- Swim in designated areas supervised by lifeguards.
- Never leave a child or inexperienced swimmer unattended near water and have them wear U.S. Coast Guard-approved life jackets. Do not rely on the use of water wings, inflatable toys or other items designed for water recreation to replace adult supervision.
- The buddy system is helpful when swimming, but do not trust a child's life to another child. Children should always be supervised by adults in and around water.
- If you have a pool or hot tub, secure it with appropriate barriers to prevent unsupervised access to the water. Many children who drown in home pools or hot tubs did so when they weren't expected to be in the water and when they were in the care of one or both parents at the time.
- Learn how to perform CPR on adults and children. You can also teach your children CPR basics and ensure they know how to call 911 for help.

Participate in Water Safety Week this June! Water Safety Week is a summer water safety campaign hosted by aquatics communities across the US every year. In 2023, Indiana's Water Safety Week will run from **June 17 - June 25** with special events happening at pools and aquatics centers throughout the state. The main goal of Water Safety Week is to teach people the necessary skills and knowledge that they need to be safe and have fun in the water. Check out your local aquatic center or pool for upcoming water safety events and programs that you and your family can participate in together.

For more information, follow [The Riviera Club Foundation](#) on Instagram @therivieraclubfoundation or their Facebook page for upcoming water safety events in Indianapolis and tips to stay safe this summer!



If you would like more information on school health or have content to share, please contact the Indiana Department of Health, Division of Nutrition and Physical Activity (IDOH, DNPA).

[Click here](#) to subscribe or unsubscribe to our newsletter.

Visit our [webpage](#) for other resources and archived newsletters.

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To **promote**, **protect**, and **improve** the health and safety of all Hoosiers

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